



**KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE
TOURNAMENT YOUTH JUNIOR AND SENIOR**
Rainbow International School Nagrota Bagwan Himachal Pradesh



14/06/2022 to 22/06/2022

RESULT BOOK



SENIOR



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh



14/06/2022 to 22/06/2022

SENIOR MEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
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KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



SENIOR WOMEN'S MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
45 kg	TOTAL	1	142	Anjali Patel	10-08-2004	U.P.
		2	142	Sarika Shingare	12-01-1998	MHR
		3	135	M.V. Thushmita	15-10-1996	RSPB
49 kg	TOTAL	1	191	Saikhom Mirabai Chanu	08-08-1994	AIPSCB
		2	170	Gyaneshwari Yadav	08-03-2003	C.G.
		3	166	Jhilli Dalabehra	03-02-1999	RSPB
55 kg	TOTAL	1	199	S. Bindyarani Devi	27-01-1999	MNP
		2	185	Shrabani Das	16-03-2002	W.B.
		3	169	Ananya Patil	14-01-2001	MHR
59 kg	TOTAL	1	194	Popy Hazarika	08-12-1998	RSPB
		2	187	Sukarna Adak	10-01-2003	W.B.
		3	184	Bhawana	20.07.2005	HRN
64 kg	TOTAL	1	190	S. Nirupama Devi	05-10-2000	RSPB
		2	163	Sangeeta Padhy	21-03-2003	ORS
		3	159	Jasvir Kaur	22-02-1993	PUN
71 kg	TOTAL	1	211	Harjinder Kaur	14-10-1996	PUN
		2	173	Navdeep Kaur	15-11-2003	PUN
		3	165	Trupti Mane	20-09-2001	MHR
76 kg	TOTAL	1	205	Punam Yadav	09-07-1995	RSPB
		2	180	Swathi Kishor	09-02-1998	KRL
		3	119	Krishana Sharma	04-01-1999	H.P.
81 kg	TOTAL	1	202	Vanshita Verma	08-10-2001	CHD
		2	190	N. Lalitha	13-05-1996	RSPB
		3	177	Harmanpreet Kaur	09-10-2001	PUN
87 kg	TOTAL	1	203	B.N. Usha	02-04-1995	RSPB
		2	195	Komal Wakale	01-11-1990	MHR
		3	188	Madhusmita Baruah	01-02-1993	ASM
+87 kg	TOTAL	1	226	Purnima Pandey	16-10-1997	U.P.
		2	212	Ann Mariya M.T.	21-08-1998	KRL
		3	190	M. Martina Devi	21-03-2006	MNP



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SENIOR SUMMARY TEAM CLASSIFICATION

No.	Team	MEN	WOMEN	SUMMARY
1	RSPB : RSPB	0/0	246/10	246/10
2	H.P. : H.P.	0/0	211/11	211/11
3	MHR : MHR	0/0	180/8	180/8
4	U.P. : U.P.	0/0	170/9	170/9
5	PUN : PUN	0/0	160/7	160/7
6	MNP : MNP	0/0	158/7	158/7
7	ASM : ASM	0/0	76/4	76/4
8	ORS : ORS	0/0	63/3	63/3
9	W.B. : W.B.	0/0	50/2	50/2
10	KRL : KRL	0/0	50/3	50/3
11	CHD : CHD	0/0	28/1	28/1
12	AIPSCB : AIPSCB	0/0	28/1	28/1
13	C.G. : C.G.	0/0	25/1	25/1
14	HRN : HRN	0/0	23/1	23/1
15	TND : TND	0/0	22/1	22/1
16	KRN : KRN	0/0	22/1	22/1
17	PON : PON	0/0	21/1	21/1
18	DEL : DEL	0/0	21/1	21/1
19	TEL : TEL	0/0	19/1	19/1
20	ARN : ARN	0/0	17/1	17/1



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Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



SENIOR MEN's TEAM CLASSIFICATION

No.	Team	TOTAL
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KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



SENIOR WOMEN'S TEAM CLASSIFICATION

No.	Team	45 kg	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	+87 kg	TOTAL
1	RSPB : RSPB	45/2	23/1	20/1	49/2	28/1	-	28/1	25/1	28/1	-	246/10
2	H.P. : H.P.	37/2	14/1	19/1	20/1	20/1	-	45/2	21/1	35/2	-	211/11
3	MHR : MHR	46/2	21/1	44/2	-	-	23/1	-	-	46/2	-	180/8
4	U.P. : U.P.	28/1	15/2	18/1	-	-	-	-	22/1	39/2	48/2	170/9
5	PUN : PUN	20/1	-	-	-	23/1	53/2	-	23/1	-	41/2	160/7
6	MNP : MNP	-	42/2	50/2	22/1	21/1	-	-	-	-	23/1	158/7
7	ASM : ASM	-	18/1	-	-	-	-	-	-	23/1	35/2	76/4
8	ORS : ORS	-	16/1	-	-	25/1	22/1	-	-	-	-	63/3
9	W.B. : W.B.	-	-	25/1	25/1	-	-	-	-	-	-	50/2
10	KRL : KRL	-	-	-	-	-	-	25/1	-	0/1	25/1	50/3
11	AIPSCB : AIPSCB	-	28/1	-	-	-	-	-	-	-	-	28/1
12	CHD : CHD	-	-	-	-	-	-	-	28/1	-	-	28/1
13	C.G. : C.G.	-	25/1	-	-	-	-	-	-	-	-	25/1
14	HRN : HRN	-	-	-	23/1	-	-	-	-	-	-	23/1
15	KRN : KRN	-	-	-	-	-	-	-	-	22/1	-	22/1
16	TND : TND	-	-	-	-	22/1	-	-	-	-	-	22/1
17	DEL : DEL	-	-	-	-	-	-	-	-	-	21/1	21/1
18	PON : PON	-	-	-	-	-	21/1	-	-	-	-	21/1
19	TEL : TEL	-	19/1	-	-	-	-	-	-	-	-	19/1
20	ARN : ARN	-	17/1	-	-	-	-	-	-	-	-	17/1



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14/06/2022 to 22/06/2022



SENIOR SUMMARY MEDALS

No.	Team	1	2	3	4	5	6	7	8	9	10	11	12
1	RSPB : RSPB	4	1	2	1	1	1						
2	U.P. : U.P.	2			1		2	1	1			1	
3	PUN : PUN	1	1	2	1		1	1					
4	MNP : MNP	1		1	3	1	1						
5	AIPSCB : AIPSCB	1											
6	CHD : CHD	1											
7	MHR : MHR		2	2		4							
8	W.B. : W.B.		2										
9	KRL : KRL		2										
10	ORS : ORS		1		1						1		
11	C.G. : C.G.		1										
12	H.P. : H.P.			1	1	1	2	2	2	1			1
13	ASM : ASM			1					2	1			
14	HRN : HRN			1									
15	KRN : KRN				1								
16	TND : TND				1								
17	PON : PON					1							
18	DEL : DEL					1							
19	TEL : TEL							1					
20	ARN : ARN									1			



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SENIOR MEN 's MEDALS

No.	Team
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14/06/2022 to 22/06/2022



SENIOR WOMEN 's MEDALS

No.	Team	1	2	3	4	5	6	7	8	9	10	11	12
1	RSPB : RSPB	4	1	2	1	1	1						
2	U.P. : U.P.	2			1		2	1	1			1	
3	PUN : PUN	1	1	2	1		1	1					
4	MNP : MNP	1		1	3	1	1						
5	AIPSCB : AIPSCB	1											
6	CHD : CHD	1											
7	MHR : MHR		2	2		4							
8	W.B. : W.B.		2										
9	KRL : KRL		2										
10	ORS : ORS		1		1						1		
11	C.G. : C.G.		1										
12	H.P. : H.P.			1	1	1	2	2	2	1			1
13	ASM : ASM			1					2	1			
14	HRN : HRN			1									
15	KRN : KRN				1								
16	TND : TND				1								
17	PON : PON					1							
18	DEL : DEL					1							
19	TEL : TEL							1					
20	ARN : ARN									1			



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT SENIOR WOMEN 45 kg

Competition : 15.06.2022 11:30

Weigh in : 9:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	58	[A] Anjali Patel	140	U.P.	10-08-2004	45.000	65	68	69	65	1	77	81	81	77	3	142	1
2	76	[A] Sarika Shingare	154	MHR	12-01-1998	45.000	60	63	63	63	2	75	79	82	79	1	142	2
3	168	[A] M.V. Thushmita	145	RSPB	15-10-1996	45.000	57	60	60	57	5	75	78	78	78	2	135	3
4	156	[A] Dipali Gursule	140	RSPB	10-11-1996	45.000	56	61	64	61	3	73	76	76	73	4	134	4
5	53	[A] Diya Vyavahare	130	MHR	25-11-2003	44.600	55	58	60	58	4	69	73	73	73	5	131	5
6	103	[A] Vani Puri	122	PUN	16-03-2005	44.860	48	51	53	53	6	68	68	70	68	6	121	6
7	34	[B] Priyanka	100	H.P.	31-10-2000	44.040	42	46	49	49	7	51	55	56	56	7	105	7
8	165	[B] Manish Kumari	100	H.P.	22-07-1995	41.600	40	43	45	43	8	42	47	50	47	8	90	8

Jury

1. A) Kumbasi Subramanya [KRN]
2. B) P S Sandhu [U.P.]
3. C) Shyamala Shetty [KRN]

Referee

Center - Pal Singh Sandhu - Vijay Hooda [POL]
Left - Biku Sarita [ARN]
Right - Yogendra [U.P.]

Chief Marshal

1. Harbans Singh [PUN]
2. Yudhvir Singh [J.K.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Bhabajyoti Goswami [ASM]
2. G.P. Sharma [U.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT SENIOR WOMEN 49 kg

Competition : 16.06.2022 10:00

Weigh in : 8:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	113	[A] Saikhom Mirabai Chanu	185	AIPSCB	08-08-1994	49.000	86	89	89	86	1	105	--	--	105	1	191	1
2	155	[A] Gyaneshwari Yadav	161	C.G.	08-03-2003	48.850	72	76	78	78	2	84	89	92	92	2	170	2
3	26	[A] Jhilli Dalabehra	180	RSPB	03-02-1999	48.980	75	78	78	75	3	91	96	96	91	3	166	3
4	21	[A] Th. Sanju Devi	150	MNP	17-04-2003	48.760	65	68	70	70	4	80	84	86	84	7	154	4
5	71	[A] Chetna Ghogage	155	MHR	05-08-1996	48.980	65	65	68	68	5	81	84	85	85	6	153	5
6	29	[A] H. Jinarani Devi	150	MNP	15-12-1996	48.600	67	72	72	67	6	85	90	--	85	5	152	6
7	176	[A] T. Priyadarshini	160	TEL	03-03-2000	46.540	62	67	67	62	9	85	88	90	88	4	150	7
8	7	[B] Panchami Sonowal	140	ASM	05-05-2005	46.860	60	63	65	63	7	80	84	85	80	8	143	8
9	17	[A] Techhi Nadam	145	ARN	25-03-1999	46.000	58	61	63	63	8	80	84	85	80	9	143	9
10	15	[B] Sandhya Rani Nayak	128	ORS	04-04-2003	47.280	55	58	60	60	10	70	70	74	74	10	134	10
11	184	[B] Shivani Yadav	113	U.P.	01-07-2006	48.860	51	54	57	54	11	61	65	68	65	11	119	11
12	44	[B] Vanshika	50	H.P.	03-12-2007	46.360	21	23	23	21	12	25	27	29	29	12	50	12
	166	[A] Shalu	140	U.P.	10-08-2003	48.460	64	66	66	--		--	--	--	--		--	

Jury

1. A) Kumbasi Subramanya [KRN]
2. B) P S Sandhu [U.P.]
3. C) Shyamala Shetty [KRN]

Referee

- Center - Pradeep Yadav [U.P.]
Left - Rajesh Kumar [H.P.]
Right - Virpal Kaur [PUN]

Chief Marshal

1. Harbans Singh [PUN]
2. Yudhvir Singh [J.K.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Bhabajyoti Goswami [ASM]
2. G.P. Sharma [U.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT SENIOR WOMEN 55 kg

Competition : 16.06.2022 15:00

Weigh in : 13:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	14	[A] S. Bindyarani Devi	190	MNP	27-01-1999	54.640	79	82	84	84	1	105	110	115	115	1	199	1
2	129	[A] Shrabani Das	182	W.B.	16-03-2002	54.820	73	76	79	79	2	98	103	106	106	2	185	2
3	177	[A] Ananya Patil	165	MHR	14-01-2001	53.600	75	78	80	78	3	91	94	94	91	3	169	3
4	16	[A] L. Nilam Devi	155	MNP	10-06-2004	53.560	67	67	70	70	4	87	90	90	87	5	157	4
5	64	[A] Sakshi Ranmale	160	MHR	04-12-2003	54.380	68	68	71	68	5	88	91	91	88	4	156	5
6	10	[B] Pooja Gupta	140	RSPB	08-10-1998	50.560	60	63	65	63	6	80	83	83	83	6	146	6
7	142	[B] Renu	90	H.P.	03-04-2001	53.460	51	51	58	58	7	60	68	72	72	7	130	7
8	116	[B] Preeti Yadav	100	U.P.	02-07-2007	54.480	49	49	51	51	8	58	58	58	58	8	109	8

Jury

1. A) Kumbasi Subramanya [KRN]
2. B) P S Sandhu [U.P.]
3. C) Shyamala Shetty [KRN]

Referee

- Center - RVLN Ratnakara Rao [A.P.]
Left - K.D.S. Nagra [CHD]
Right - Khushbu Yadav [U.P.]

Chief Marshal

1. Harbans Singh [PUN]
2. Yudhvir Singh [J.K.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Bhabajyoti Goswami [ASM]
2. G.P. Sharma [U.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT SENIOR WOMEN 59 kg

Competition : 17.06.2022 11:30

Weigh in : 9:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	161	[A] Popy Hazarika	195	RSPB	08-12-1998	57.820	84	87	89	87	1	104	107	110	107	1	194	1
2	187	[A] Sukarna Adak	185	W.B.	10-01-2003	58.800	80	84	86	84	2	98	102	103	103	3	187	2
3	141	[A] Bhawana	170	HRN	20.07.2005	59.000	75	78	81	81	3	98	103	107	103	2	184	3
4	78	[A] P. Shakhenbi Devi	170	MNP	03-04-1998	58.800	64	67	69	64	5	87	90	95	95	4	159	4
5	24	[A] E. Deextiha	160	RSPB	25-09-1997	58.860	63	66	68	68	4	85	90	94	90	5	158	5
6	31	[B] Karishka Sharma	70	H.P.	12-09-2001	55.860	35	40	40	40	6	45	49	52	49	6	89	6

Jury

1. A) Kumbasi Subramanya [KRN]
2. B) P S Sandhu [U.P.]
3. C) Shyamala Shetty [KRN]

Referee

- Center - Biku Sarita [ARN]
Left - Yogendra [U.P.]
Right - Pal Singh Sandhu - Vijay Hooda [POL]

Chief Marshal

1. Harbans Singh [PUN]
2. Yudhvir Singh [J.K.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Bhabajyoti Goswami [ASM]
2. G.P. Sharma [U.P.]

Secretary

1. Yashpal Yadav [U.P.]



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Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT SENIOR WOMEN 64 kg

Competition : 18.06.2022 10:00

Weigh in : 8:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	6	[A] S. Nirupama Devi	180	RSPB	05-10-2000	63.760	75	79	81	81	1	100	105	109	109	1	190	1
2	86	[A] Sangeeta Padhy	148	ORS	21-03-2003	63.980	65	70	74	74	2	84	89	89	89	2	163	2
3	150	[A] Jasvir Kaur	170	PUN	22-02-1993	63.360	68	71	74	71	3	88	88	93	88	3	159	3
4	30	[A] D Kavitha	146	TND	31-01-2000	62.500	60	64	64	64	4	80	85	87	85	4	149	4
5	27	[A] Kh. Elizah Chanu	135	MNP	01-04-2006	61.300	56	59	61	61	5	74	77	81	81	5	142	5
6	137	[A] Manvi Sharma	60	H.P.	14-06-2000	64.000	21	24	28	24	6	23	--	--	23	6	47	6

Jury

1. A) Kumbasi Subramanya [KRN]
2. B) P S Sandhu [U.P.]
3. C) Shyamala Shetty [KRN]

Referee

- Center - Rajesh Kumar [H.P.]
Left - Virpal Kaur [PUN]
Right - Pradeep Yadav [U.P.]

Chief Marshal

1. Harbans Singh [PUN]
2. Yudhvir Singh [J.K.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Bhabajyoti Goswami [ASM]
2. G.P. Sharma [U.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT SENIOR WOMEN 71 kg

Competition : 18.06.2022 15:00

Weigh in : 13:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	153	[A] Harjinder Kaur	210	PUN	14-10-1996	69.300	90	93	96	93	1	110	115	118	118	1	211	1
2	85	[A] Navdeep Kaur	170	PUN	15-11-2003	70.640	72	75	77	77	2	92	96	99	96	2	173	2
3	51	[A] Trupti Mane	180	MHR	20-09-2001	69.620	70	70	73	70	3	84	90	95	95	3	165	3
4	23	[B] Monali Sahoo	150	ORS	14-09-2003	70.800	62	65	67	67	5	84	87	91	91	4	158	4
5	118	[A] R. Harini	165	PON	02-06-2006	70.200	65	68	70	70	4	80	83	85	83	5	153	5

Jury

1. A) Hansa Sharma [UKD]
2. B) Sunil Kumar [DEL]
3. C) Pardeep Sharma [H.P.]

Referee

Center - Pal Singh Sandhu - Vijay Hooda [POL]
Left - Biku Sarita [ARN]
Right - Yogendra [U.P.]

Chief Marshal

1. Amarnath Tyagi [U.P.]
2. Rajkumar Jamwal [H.P.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]
2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT SENIOR WOMEN 76 kg

Competition : 19.06.2022 14:30

Weigh in : 12:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	145	[A] Punam Yadav	220	RSPB	09-07-1995	76.000	90	95	100	95	1	110	--	--	110	1	205	1
2	122	[A] Swathi Kishor	190	KRL	09-02-1998	72.220	72	75	76	76	2	98	102	104	104	2	180	2
3	88	[B] Krishana Sharma	125	H.P.	04-01-1999	71.100	48	52	57	52	3	58	67	74	67	3	119	3
4	123	[B] Rajani Bala	80	H.P.	19-11-1999	71.040	40	40	40	40	4	35	45	52	52	4	92	4

Jury

1. A) Hansa Sharma [UKD]
2. B) Sunil Kumar [DEL]
3. C) Pardeep Sharma [H.P.]

Referee

- Center - Pradeep Yadav [U.P.]
Left - Rajesh Kumar [H.P.]
Right - Virpal Kaur [PUN]

Chief Marshal

1. Amarnath Tyagi [U.P.]
2. Rajkumar Jamwal [H.P.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]
2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT SENIOR WOMEN 81 kg

Competition : 20.06.2022 11:30

Weigh in : 9:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	62	[A] Vanshita Verma	185	CHD	08-10-2001	78.540	79	84	87	87	1	104	109	115	115	1	202	1
2	136	[A] N. Lalitha	180	RSPB	13-05-1996	79.000	78	82	85	85	2	100	105	105	105	2	190	2
3	144	[A] Harmanpreet Kaur	185	PUN	09-10-2001	76.200	71	74	77	77	3	95	100	--	100	3	177	3
4	40	[B] Sakshi Kesahrwani	115	U.P.	25-07-2004	80.000	52	56	59	56	4	63	67	71	71	4	127	4
5	152	[B] Simran Rana	50	H.P.	05-11-2007	79.900	21	23	27	23	5	25	28	30	30	5	53	5

Jury

1. A) Hansa Sharma [UKD]
2. B) Sunil Kumar [DEL]
3. C) Pardeep Sharma [H.P.]

Referee

- Center - RVLN Ratnakara Rao [A.P.]
Left - K.D.S. Nagra [CHD]
Right - Khushbu Yadav [U.P.]

Chief Marshal

1. Amarnath Tyagi [U.P.]
2. Rajkumar Jamwal [H.P.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]
2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



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Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT SENIOR WOMEN 87 kg

Competition : 21.06.2022 12:00

Weigh in : 10:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	52	[A] B.N. Usha	220	RSPB	02-04-1995	87.000	90	93	96	93	1	110	114	114	110	1	203	1
2	174	[A] Komal Wakale	200	MHR	01-11-1990	87.000	91	91	91	91	2	104	113	--	104	4	195	2
3	47	[A] Madhusmita Baruah	195	ASM	01-02-1993	85.800	79	83	86	83	3	100	100	105	105	3	188	3
4	102	[A] Akshata Kamati	175	KRN	02-08-1999	84.560	70	74	74	70	4	100	105	109	105	2	175	4
5	147	[A] Priti Deshmukh	176	MHR	25-02-2003	86.000	68	68	68	68	6	88	90	90	90	5	158	5
6	68	[B] Shweta Pundir	135	U.P.	31-07-2000	82.200	60	64	68	68	5	73	76	81	81	6	149	6
7	42	[B] Prity	120	U.P.	02-07-2000	86.940	45	50	55	50	7	70	75	75	75	7	125	7
8	127	[B] Palak Rana	60	H.P.	14-02-2004	84.640	40	45	47	45	8	50	55	60	55	8	100	8
9	172	[B] Sunakshi Rana	60	H.P.	14-03-2005	81.800	27	31	31	27	9	35	40	43	43	9	70	9
	125	[A] Bisna Varghese	170	KRL	08-01-1997	87.000	75	75	75	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma [UKD]
2. B) Sunil Kumar [DEL]
3. C) Pardeep Sharma [H.P.]

Referee

- Center - Biku Sarita [ARN]
Left - Yogendra [U.P.]
Right - Pal Singh Sandhu - Vijay Hooda [POL]

Chief Marshal

1. Amarnath Tyagi [U.P.]
2. Rajkumar Jamwal [H.P.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]
2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT SENIOR WOMEN +87 kg

Competition : 21.06.2022 12:00

Weigh in : 10:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	57	[A] Purnima Pandey	240	U.P.	16-10-1997	102.200	104	104	104	104	1	116	122	129	122	1	226	1
2	20	[A] Ann Mariya M.T.	200	KRL	21-08-1998	122.960	85	92	92	92	2	112	120	125	120	2	212	2
3	135	[A] M. Martina Devi	180	MNP	21-03-2006	106.400	76	80	82	82	3	100	106	108	108	3	190	3
4	28	[A] Manpreet Kaur	190	PUN	15-08-1989	104.200	74	78	79	74	4	103	112	117	103	4	177	4
5	112	[A] Yashika	160	DEL	03-07-2001	95.400	65	69	72	72	5	85	89	91	89	6	161	5
6	55	[A] Ichha Patel	148	U.P.	08-09-2004	96.500	60	65	70	70	6	82	87	91	91	5	161	6
7	49	[B] Sehaj	136	PUN	08-12-2002	99.700	55	59	59	59	7	68	71	72	68	7	127	7
8	232	[B] Pinki Boro	100	ASM	25-11-2002	110.400	40	40	45	40	8	60	65	65	60	8	100	8
9	230	[B] Muskan Sonowal	77	ASM	22-02-2004	103.480	35	38	38	35	9	45	48	50	50	9	85	9

Jury

1. A) Hansa Sharma [UKD]
2. B) Sunil Kumar [DEL]
3. C) Pardeep Sharma [H.P.]

Referee

- Center - Biku Sarita [ARN]
Left - Yogendra [U.P.]
Right - Pal Singh Sandhu - Vijay Hooda [POL]

Chief Marshal

1. Amarnath Tyagi [U.P.]
2. Rajkumar Jamwal [H.P.]

Time Keeper

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Technical Controller

1. Daljit Kaur [PUN]
2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



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GROUP OF JURIES AND REFEREES

JURY Member Group 1 :

- A) HANSA SHARMA [UKD] *President of Jury
- B) SUNIL KUMAR [DEL]
- C) PARDEEP SHARMA [H.P.]

JURY Member Group 2 :

- A) KUMBASI SUBRAMANYA [KRN] *President of Jury
- B) P S SANDHU [U.P.]
- C) SHYAMALA SHETTY [KRN]

REFEREE Member Group 1 :

- RAJESH KUMAR [H.P.]
- VIRPAL KAUR [PUN]
- PRADEEP YADAV [U.P.]

REFEREE Member Group 2 :

- PAL SINGH SANDHU - VIJAY HOODA [POL]
- BIKU SARITA [ARN]
- YOGENDRA [U.P.]

REFEREE Member Group 3 :

- K.D.S. NAGRA [CHD]
- KHUSHBU YADAV [U.P.]
- RVLN RATNAKARA RAO [A.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



GROUP OF OTHER COMPETITION OFFICIALS

CHIEF MARSHAL Member Group 1 :

AMARNATH TYAGI [U.P.]
RAJKUMAR JAMWAL [H.P.]

CHIEF MARSHAL Member Group 2 :

HARBANS SINGH [PUN]
YUDHVIR SINGH [J.K.]

TIMEKEEPER Member Group 1 :

NIRLEP SINGH [U.P.]

TIMEKEEPER Member Group 2 :

AJAY KUMAR DAS [SSCB]

TECHNICAL CONTROLLER Member Group 1 :

DALJIT KAUR [PUN]
RAVI SHARMA [RAJ]

TECHNICAL CONTROLLER Member Group 2 :

BHABAJOYTI GOSWAMI [ASM]
G.P. SHARMA [U.P.]

SECRETARY Member Group 1 :

UMESHWARI SHARMA [CHD]

SECRETARY Member Group 2 :

YASHPAL YADAV [U.P.]

COMPETITION DIRECTOR Member Group 1 :

PARDEEP SHARMA [H.P.]

TECHNICAL DELEGATE Member Group 1 :

SAHDEV YADAV, PRESIDENT, IWLF [U.P.]

SPEAKER Member Group 1 :

N.P.S. CHAUHAN [U.P.]

TSR OPERATOR Member Group 1 :

SUNEET CHOPRA [U.P.]

SPEAKER Member Group 2 :

KRISHNARAJ K [KRN]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

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MEN 's ROBI TOTAL POINT

R.	NAME	BORN	TEAM	B.WEIGHT	TOTAL	POINT
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KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



WOMEN 's ROBI TOTAL POINT

R.	NAME	BORN	TEAM	B.WEIGHT	TOTAL	POINT
1	Saikhom Mirabai Chanu	08-08-1994	AIPSCB	49.000	191	696.176
2	S. Bindyarani Devi	27-01-1999	MNP	54.640	199	645.767
3	Shrabani Das	16-03-2002	W.B.	54.820	185	506.796
4	Gyaneshwari Yadav	08-03-2003	C.G.	48.850	170	472.804
5	Harjinder Kaur	14-10-1996	PUN	69.300	211	457.513
6	Popy Hazarika	08-12-1998	RSPB	57.820	194	448.276
7	Jhilli Dalabehra	03-02-1999	RSPB	48.980	166	436.847
8	Sukarna Adak	10-01-2003	W.B.	58.800	187	396.759
9	Bhawana	20.07.2005	HRN	59.000	184	376.006
10	Ananya Patil	14-01-2001	MHR	53.600	169	375.259
11	Sarika Shingare	12-01-1998	MHR	45.000	142	373.524
12	Anjali Patel	10-08-2004	U.P.	45.000	142	373.524
13	Punam Yadav	09-07-1995	RSPB	76.000	205	363.529
14	S. Nirupama Devi	05-10-2000	RSPB	63.760	190	348.297
15	Th. Sanju Devi	17-04-2003	MNP	48.760	154	340.468
16	Chetna Ghojage	05-08-1996	MHR	48.980	153	333.179
17	Vanshita Verma	08-10-2001	CHD	78.540	202	326.252
18	H. Jinarani Devi	15-12-1996	MNP	48.600	152	326.000
19	M.V. Thushmita	15-10-1996	RSPB	45.000	135	315.782
20	T. Priyadarshini	03-03-2000	TEL	46.540	150	311.967
21	Dipali Gursule	10-11-1996	RSPB	45.000	134	308.078
22	L. Nilam Devi	10-06-2004	MNP	53.560	157	293.814
23	B.N. Usha	02-04-1995	RSPB	87.000	203	292.189
24	Sakshi Ranmale	04-12-2003	MHR	54.380	156	287.643
25	Diya Vyavahare	25-11-2003	MHR	44.600	131	285.755
26	Purnima Pandey	16-10-1997	U.P.	102.200	226	270.497
27	N. Lalitha	13-05-1996	RSPB	79.000	190	266.193
28	Panchami Sonowal	05-05-2005	ASM	46.860	143	266.172
29	Techi Nadam	25-03-1999	ARN	46.000	143	266.172
30	Komal Wakale	01-11-1990	MHR	87.000	195	255.657
31	Navdeep Kaur	15-11-2003	PUN	70.640	173	236.555
32	Swathi Kishor	09-02-1998	KRL	72.220	180	236.000
33	P. Shakhenbi Devi	03-04-1998	MNP	58.800	159	231.481
34	Pooja Gupta	08-10-1998	RSPB	50.560	146	230.821
35	E. Deextiha	25-09-1997	RSPB	58.860	158	226.680
36	Madhusmita Baruah	01-02-1993	ASM	85.800	188	226.421
37	Vani Puri	16-03-2005	PUN	44.860	121	219.500
38	Ann Mariya M.T.	21-08-1998	KRL	122.960	212	218.727
39	Sandhya Rani Nayak	04-04-2003	ORS	47.280	134	214.476
40	Harmanpreet Kaur	09-10-2001	PUN	76.200	177	210.352